



# MEDIA RELEASE

STATE OF TENNESSEE  
DEPARTMENT OF MENTAL HEALTH &  
DEVELOPMENTAL DISABILITIES

FOR IMMEDIATE RELEASE  
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## September is National Alcohol and Drug Addiction Recovery Month

*Event to be Held on Shelby Street Bridge to Celebrate Tennesseans in Recovery*

Nashville—September is National Alcohol and Drug Addiction Recovery month. The Tennessee Department of Mental Health and Developmental Disabilities and the Alcohol and Drug Council of Middle Tennessee are joining together to recognize all Tennesseans who are currently in recovery from past drug and alcohol abuse and those who are working toward recovery. Alcohol and drug addictions are serious chronic illnesses that require focused attention and treatment regimens. With proper treatment and supports, recovery is certainly possible for all persons facing the illness of drug and alcohol abuse.

"Alcohol and drug addictions have devastating health and societal consequences, and Tennesseans are certainly not immune to these serious health problems," said TDMHDD Commissioner Virginia Trotter Betts. "Recovery Month provides an opportunity to highlight the benefits of treatment and encourage people with drug and alcohol abuse issues to begin their journey of recovery—a journey that leads to sobriety, productivity and much hope and fulfillment."

The 2008 Recovery Month theme, "Real People, Real Recovery" recognizes the impact that real people and real stories can have on the hope and achievement of personal health. Recovery month celebrates those who have worked to advance the treatment and recovery landscape and applauds the gains made by those in recovery from alcohol and drug abuse. Communities are encouraged to support activities to enhance prevention and treatment of substance abuse and to improve all local residents' access to a continuum of recovery services.

"At least one in 10 Tennesseans suffer from addiction," stated Mary McKinney, Executive Director of the Alcohol & Drug Council of Middle Tennessee. "Each person who suffers from addiction impacts everyone in their lives---family, friends, co-workers, etc. The good news is that there IS hope and that recovery is attainable. Addicts and their families do not have to suffer in silence or feel shame or guilt over this disease."

Sponsored by the A&D Council of Middle Tennessee, "A Bridge to Recovery" is an event supported by TDMHDD and the Substance Abuse and Mental Health Services Administration. On Saturday, September 27, beginning at 1:30 p.m. on the Shelby Street Bridge in Nashville, individuals are encouraged to gather on the bridge for a brief ceremony, followed by a 3-block Recovery Walk to the Country Music Hall of Fame Park in support of their recovery or the recovery of a friend or family member. At the park, speakers will engage the audience with their personal stories, recovery music will be provided live by Jackie Jefferson, and refreshments will be served.

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Please visit [www.admct.org](http://www.admct.org) for information on Nashville's National Alcohol and Drug Addiction Recovery Month event. For additional resources and mental health and substance abuse information, please visit [www.state.tn.us/mental](http://www.state.tn.us/mental).

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